

Welcome!

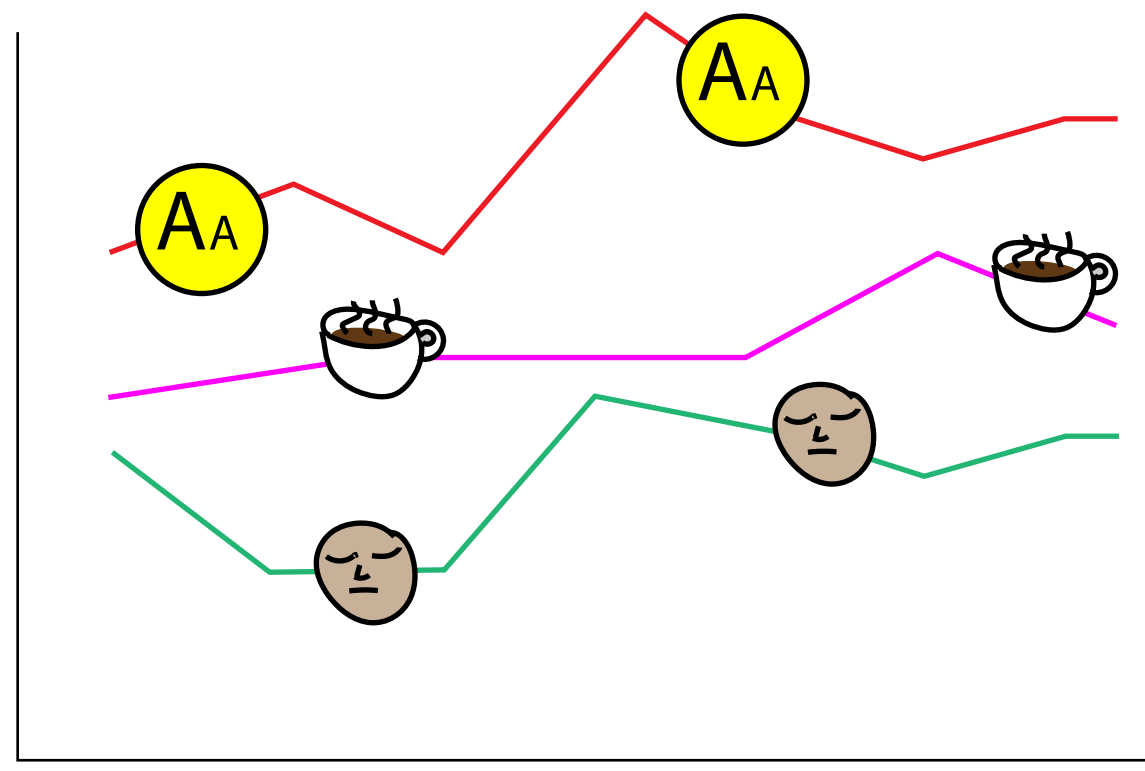
You can use this tool to help you collect information about yourself and your environment, which can help you reach your goals or set new ones.

An example of a goal might be to do better at math, or, it might be to understand what makes you feel happy, to learn what time of day is best for you to study, or to track the weather for a school project.

[Begin Exploring](#)

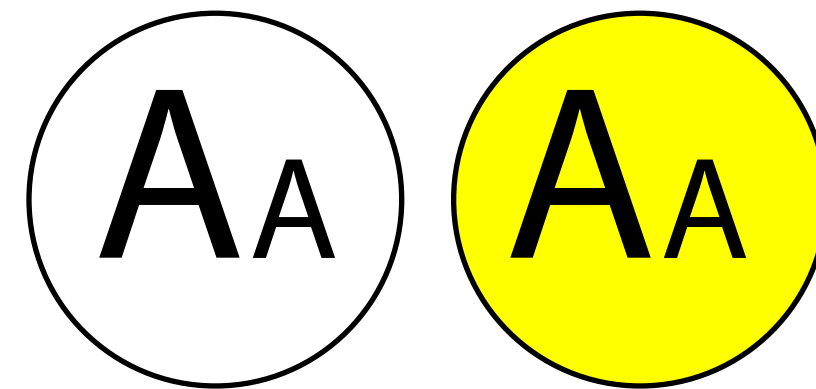
# My Lifelong Learning Lab

## My Data

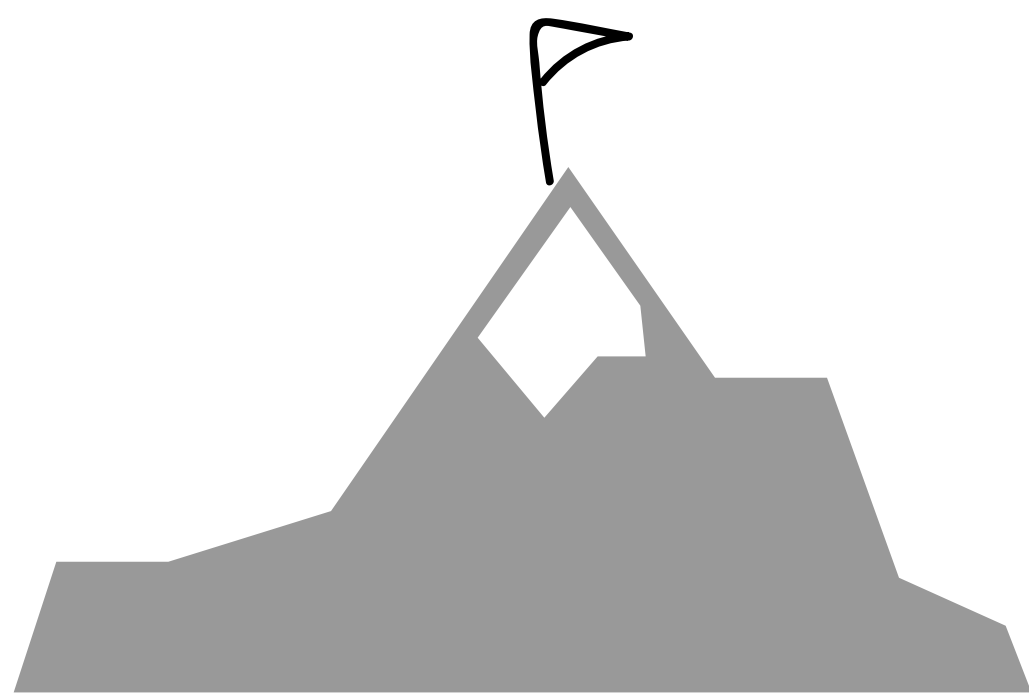


## My Journal

## My Digital Preferences



## My Goals



## My Touchnotes

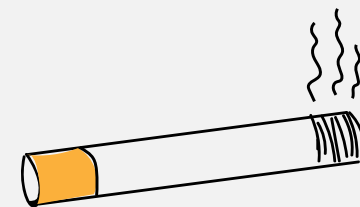
Good Idea!



Coffee



Cigarette

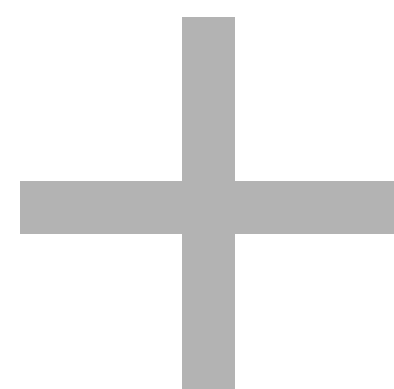


Tired



## My Calendar

My ...



You can track information about your health, studies, mood, exercise or anything else that you are interested in.

You can begin by keeping track of one or more of the followings:

- Where you go (Places)
- What you eat (Food)
- What you do (Activities)
- How you feel (Mood)
- Other things

[Show me what others have done](#)

[Go back](#)

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## My Data

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Now you can choose how you want to keep track of your [Food]:

- Touchnote prompts (quickest) [what's this?](#)
- Text prompts [what's this?](#)
- Manual entry (My Journal) [what's this?](#)

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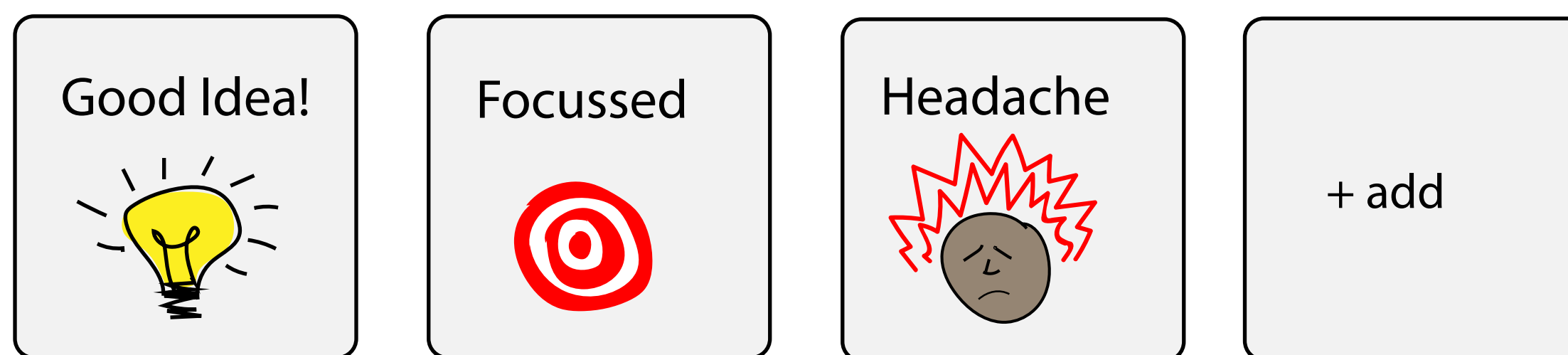
# My Data

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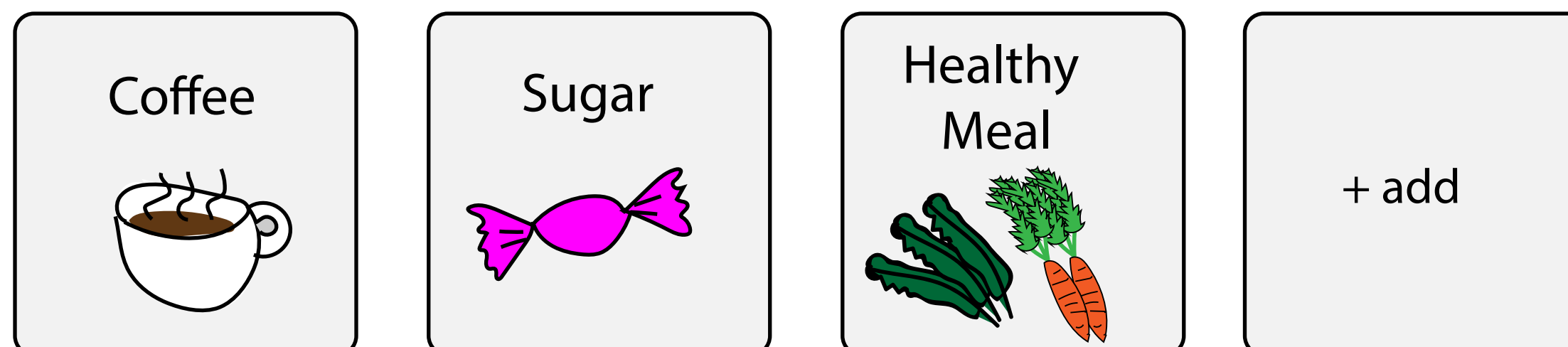
Touchnotes help you quickly record an instance of information you are tracking.

To track your [Food] select a touchnote or create a new one:

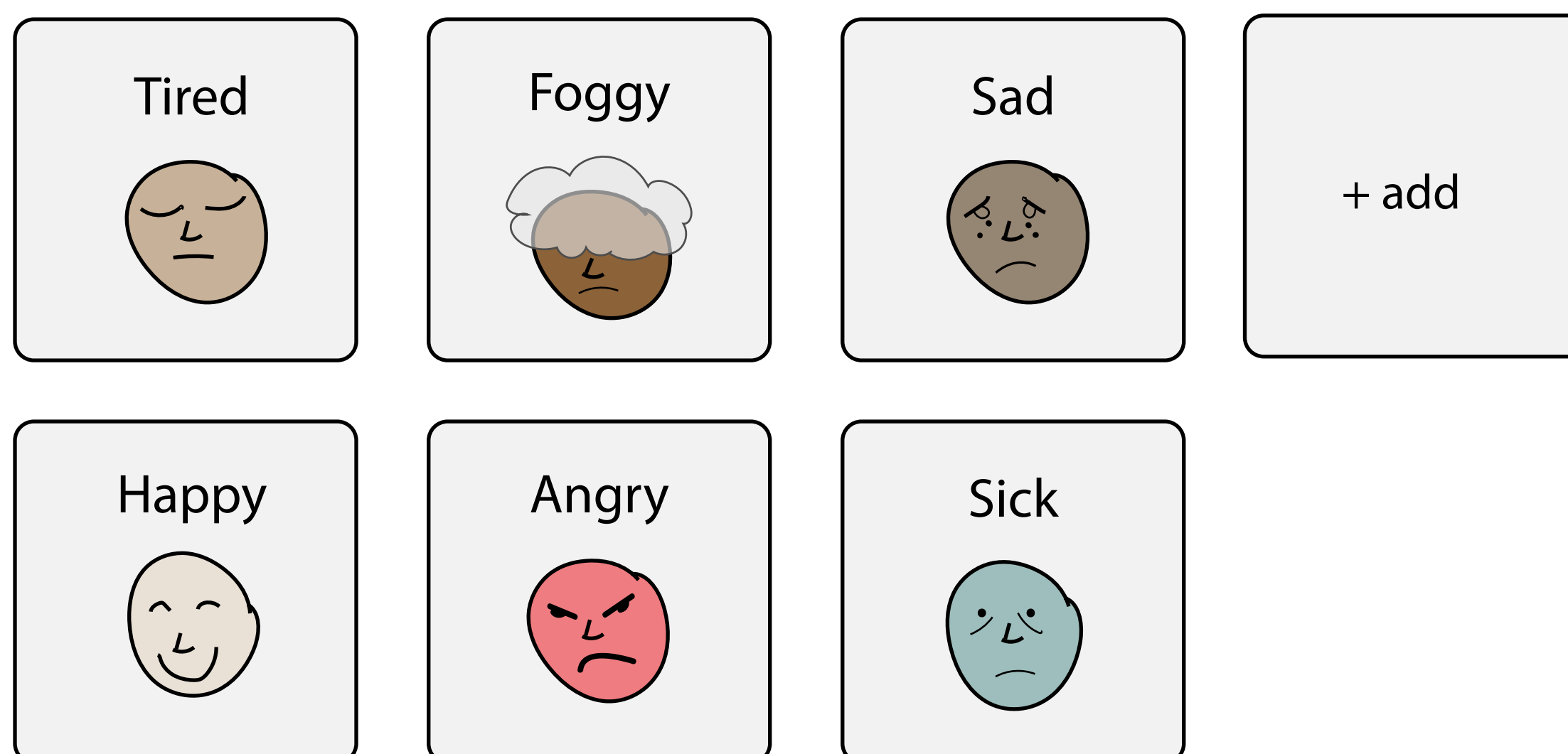
## Experiences



## Food



## Feelings



< Go back

Next >